THE

WATER-CURE JOURNAL,

AND

HERALD OF REFORMS.

DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

OUR OBJECTS.

TO PROMULGATE THE PHILOSOPHY AND PRACTICE OF HYDROPATHY; EMBRACING THE TRUE PRINCIPLES OF HEALTH AND LONGEVITY, TOGETHER WITH DIRECTIONS FOR THE APPLICATION OF WATER, AIR, EXERCISE, AND DIET, TO ALL THE VARIOUS DISEASES WITH WHICH MANKIND ARE AFFLICTED.

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THE WATER-CURE, as a general thing, is safe, harmless, and capable of being made use of by EVERY FAMILY at "Home," in all ordinary cases, *whenever* and WHEREVER *any* remedy is necessary.

IN VIEW of this FACT, we ask, "Is it not the duty of all who have been BENEFITED by this GREAT, yet simple SYSTEM, to recommend it to their friends and neighbors?"

WITH ENTIRE CONFIDENCE, THEN, do we appeal for aid, to those who would rescue mankind from the jaws of a premature grave, by placing in their hands the means of preserving HEALTH and prolonging LIFE to a green old age; and, for this purpose, we tender the New Volume of **The Water-Cure Journal for 1853.**

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